



State of Illinois
Department of Public Health

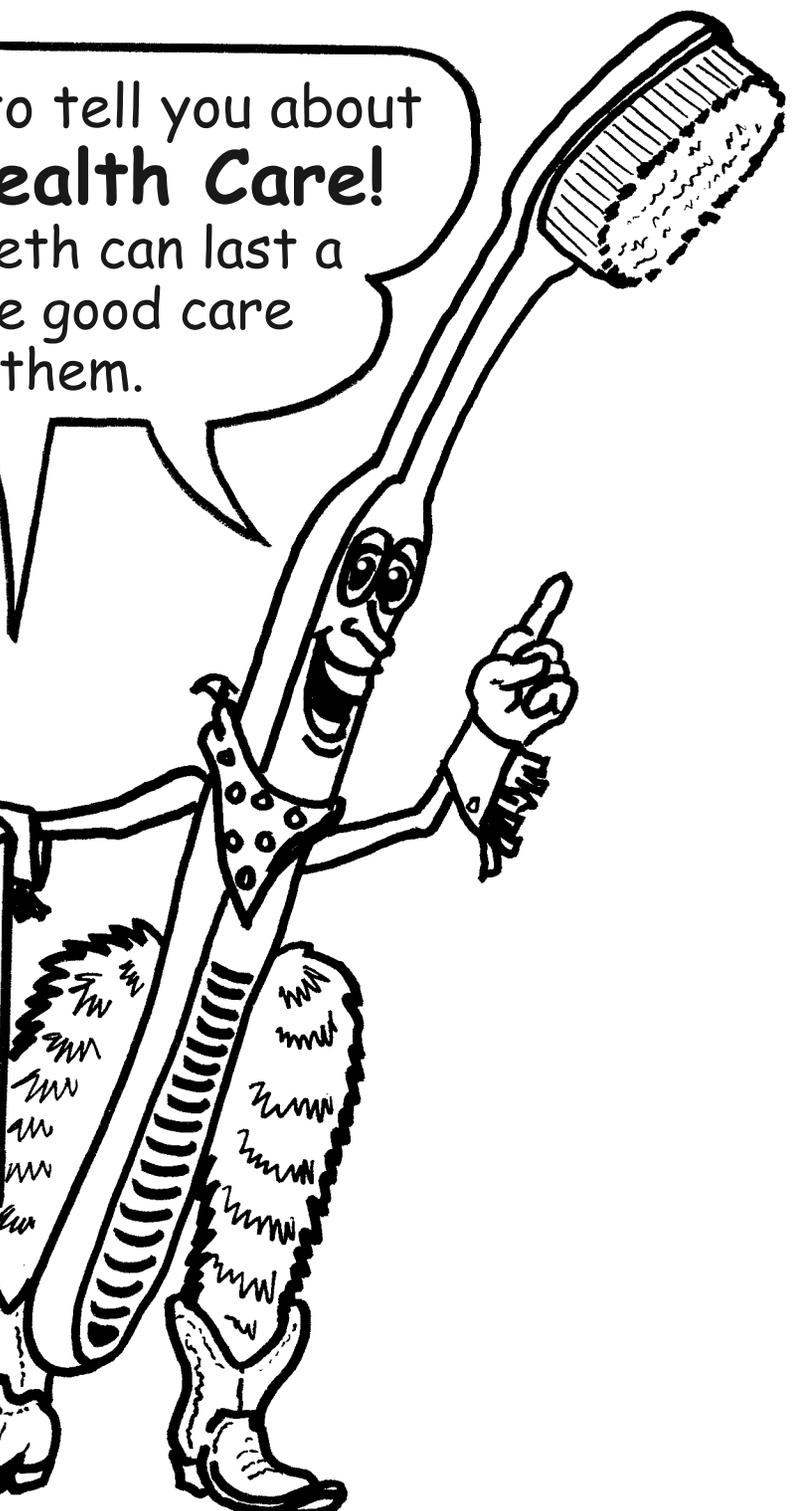
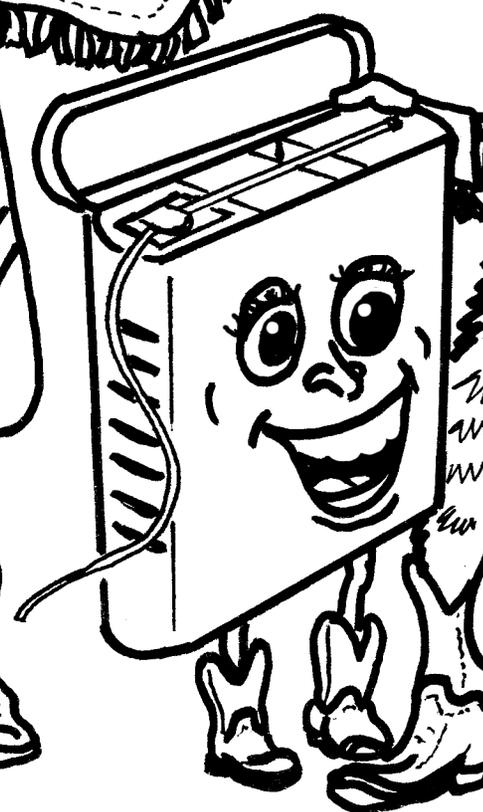
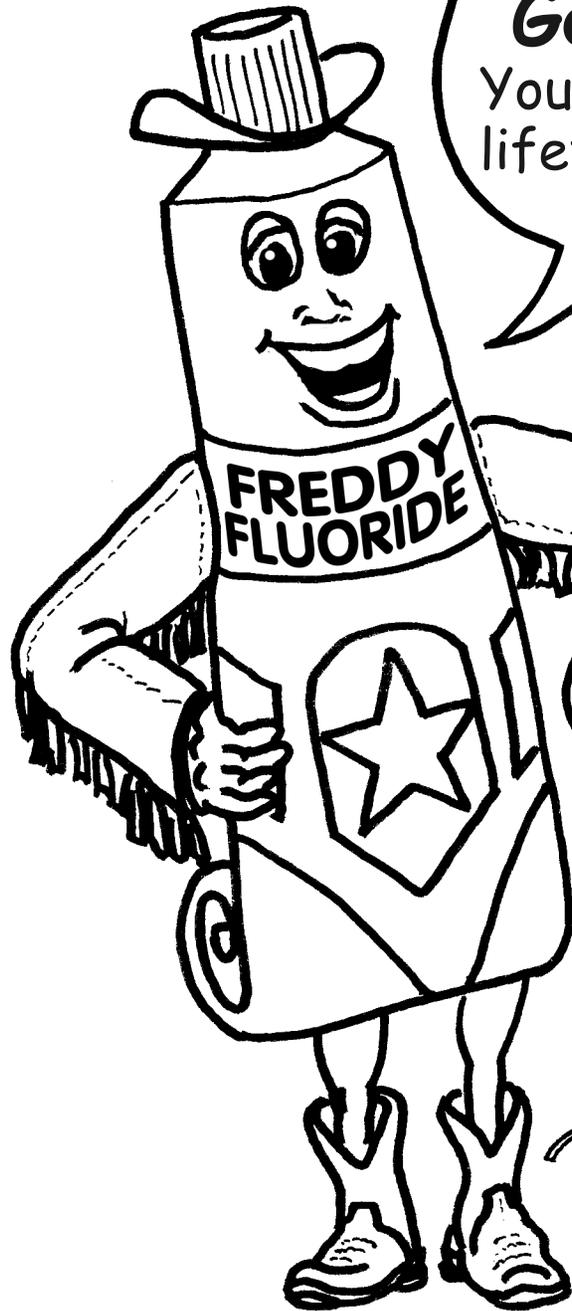
Illinois Department of
**PUBLIC
HEALTH**

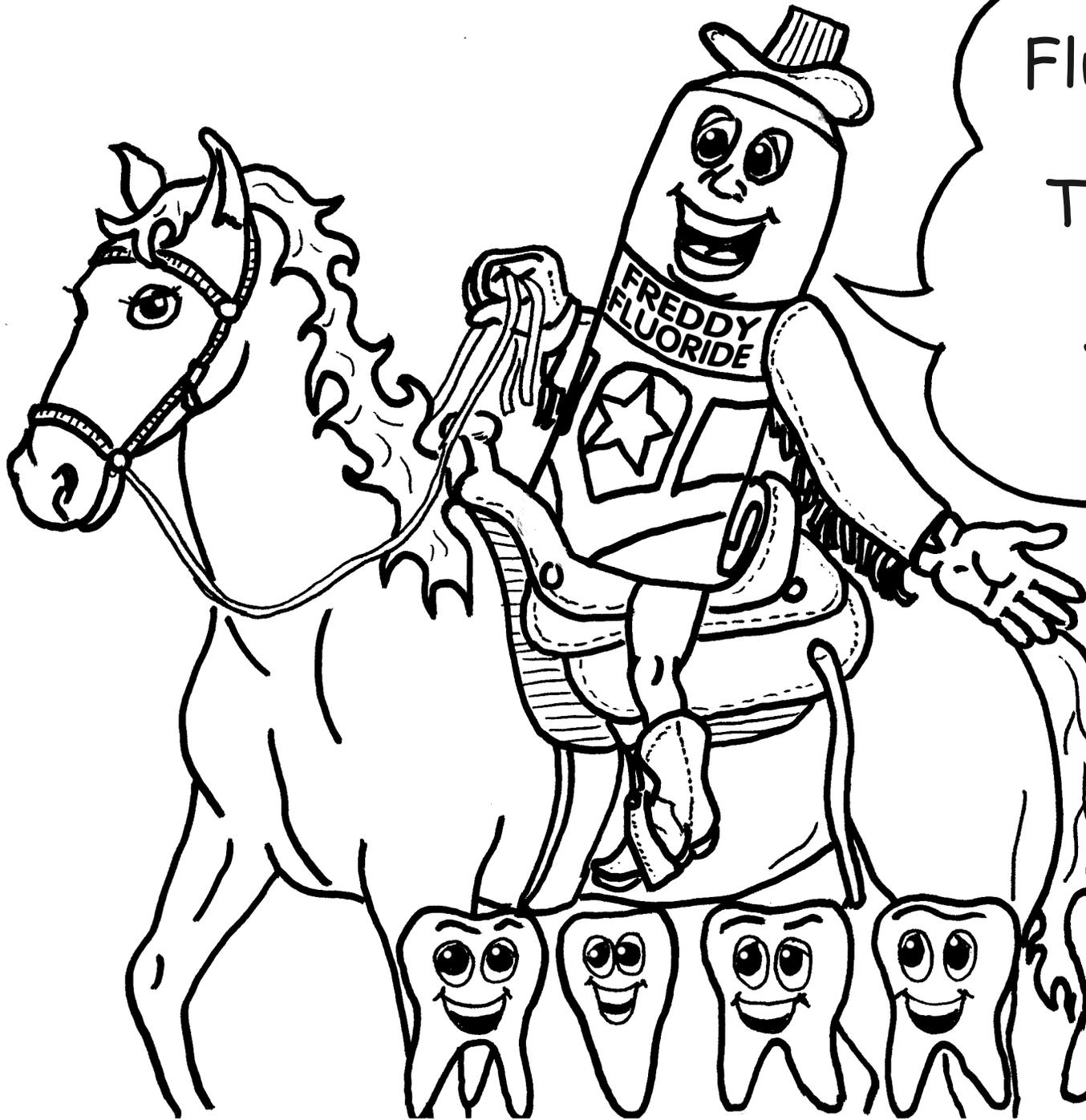
RIDE



HEALTHY TEETH TRAIL

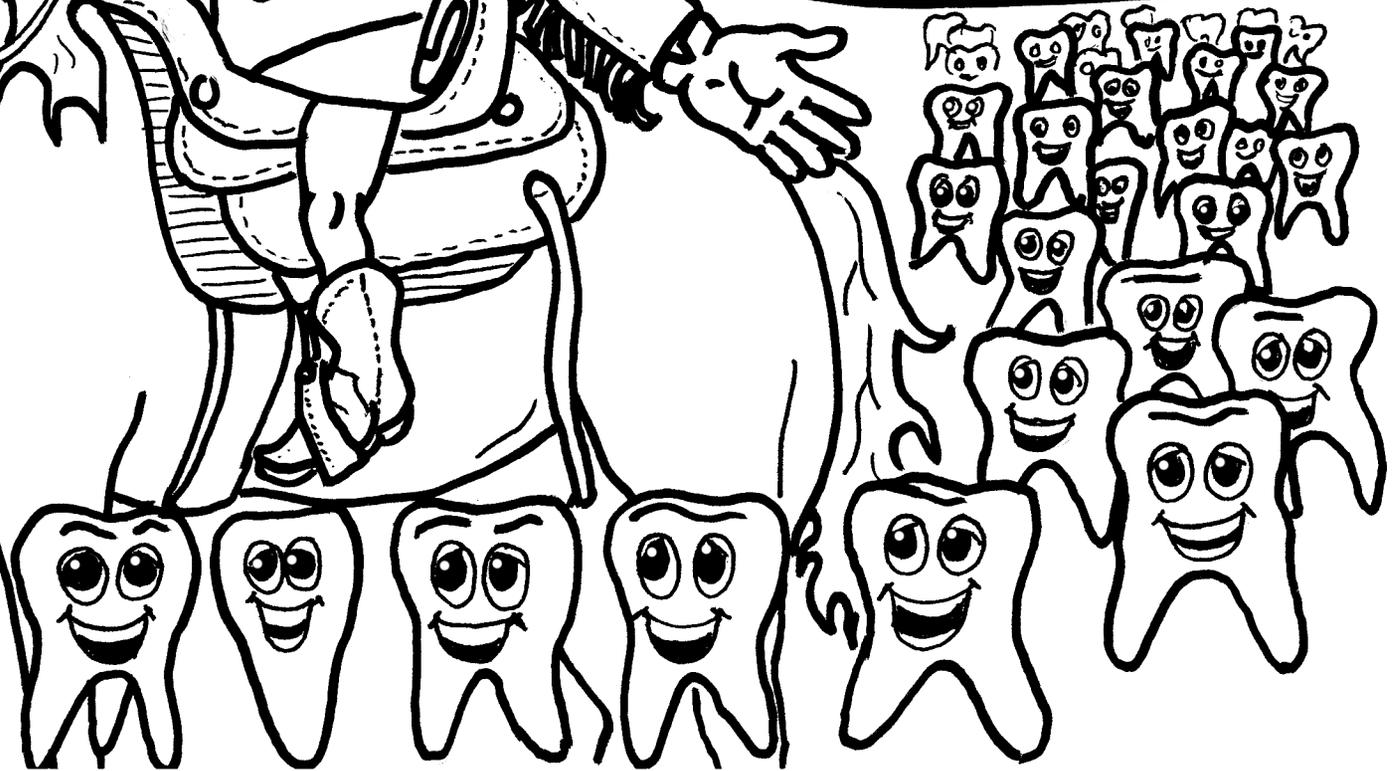
Hi! We're here to tell you about
Good Oral Health Care!
Your permanent teeth can last a
lifetime, if you take good care
of them.



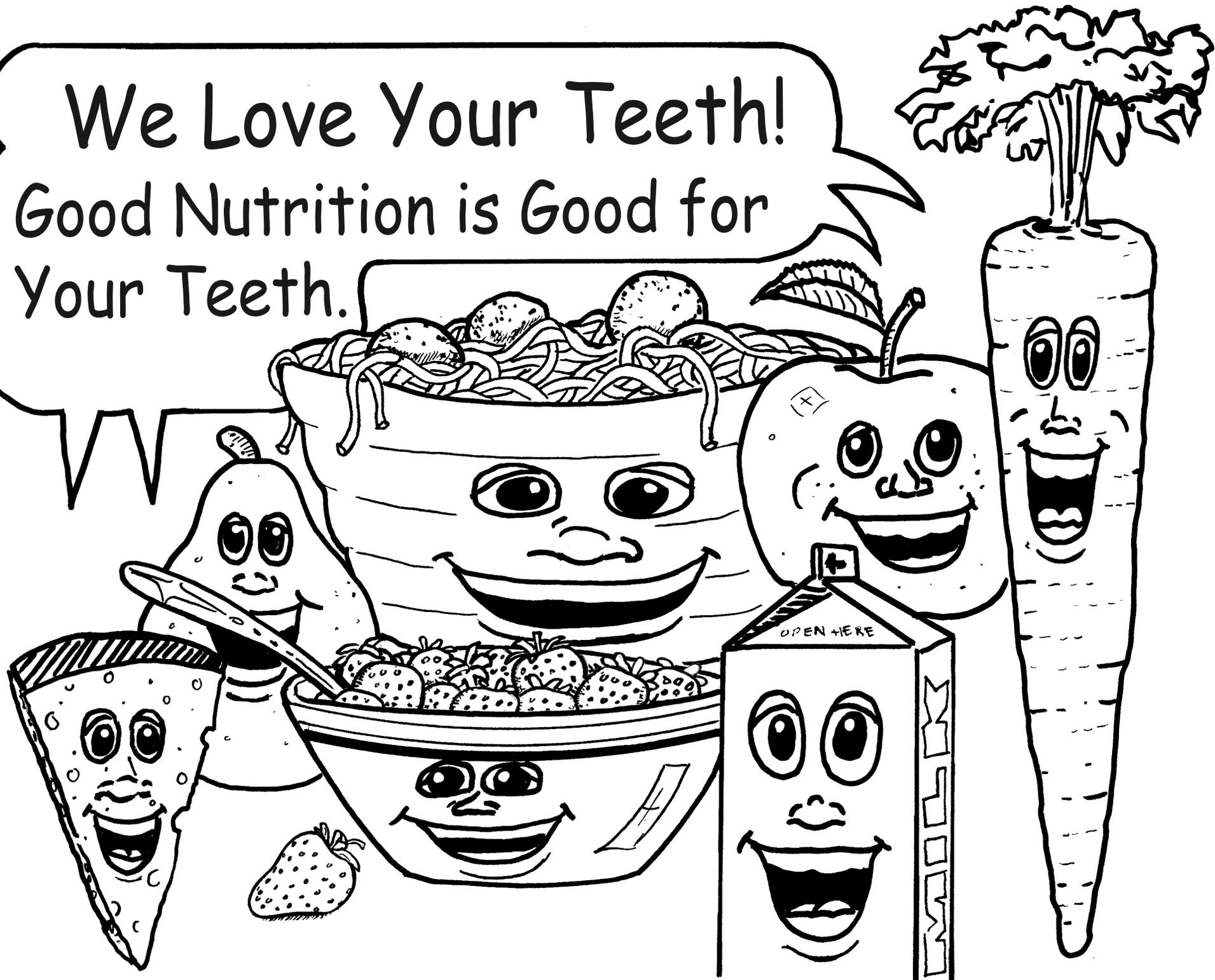


Fluoride Helps
Fight
Tooth Decay!

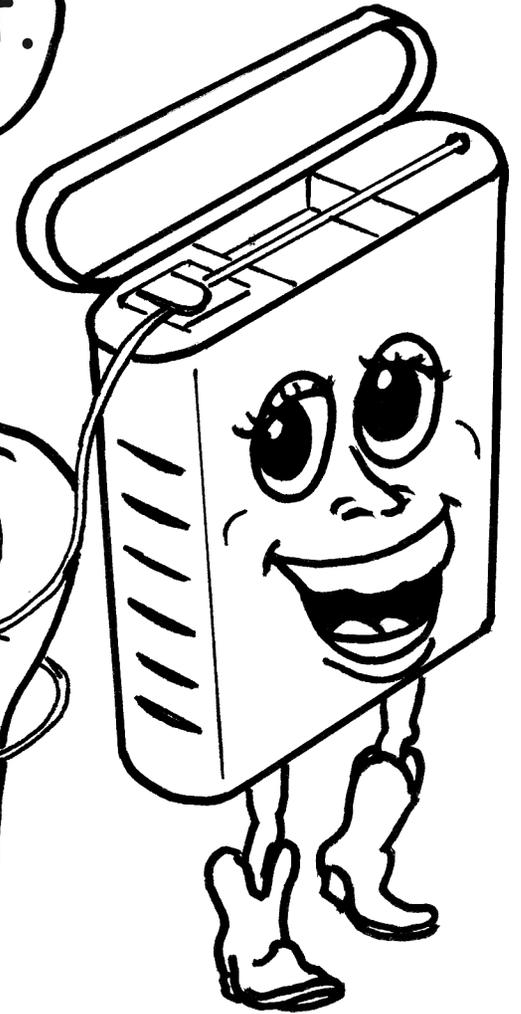
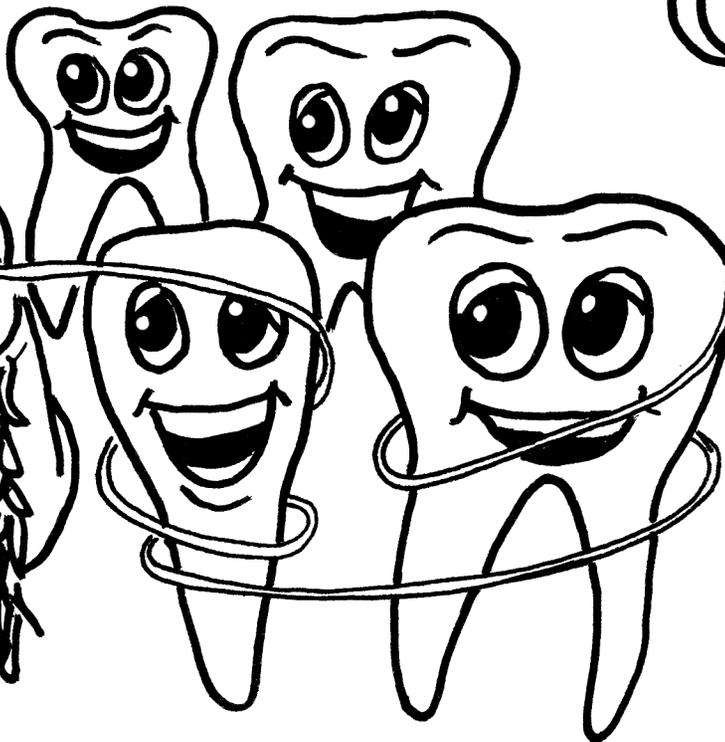
So Use Me
Everyday.



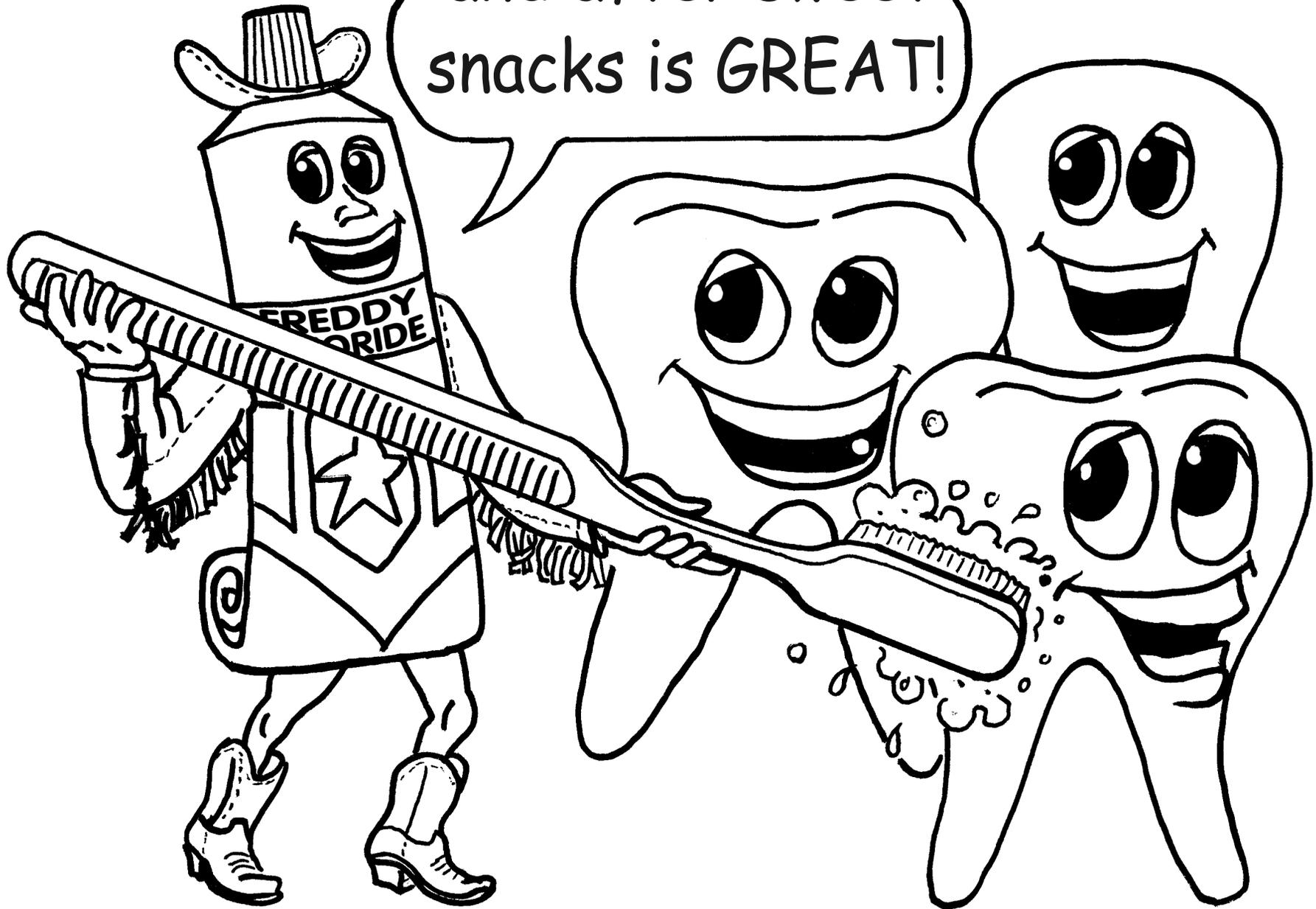
We Love Your Teeth!
Good Nutrition is Good for
Your Teeth.



Hi! Betsy Floss here.
Remember to floss those
little beauties to keep your
smile bright.



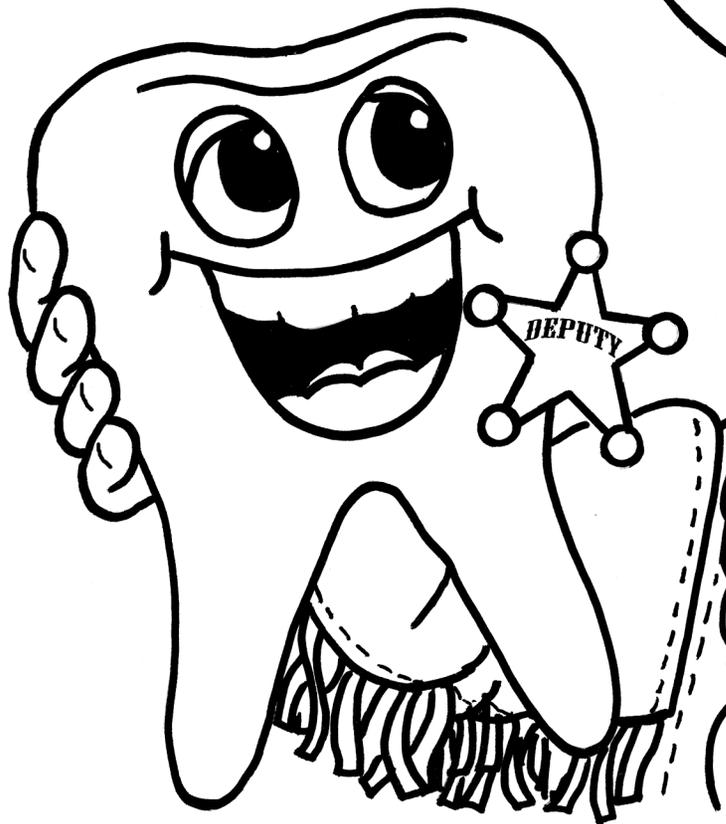
Brushing after every meal
and after sweet
snacks is GREAT!

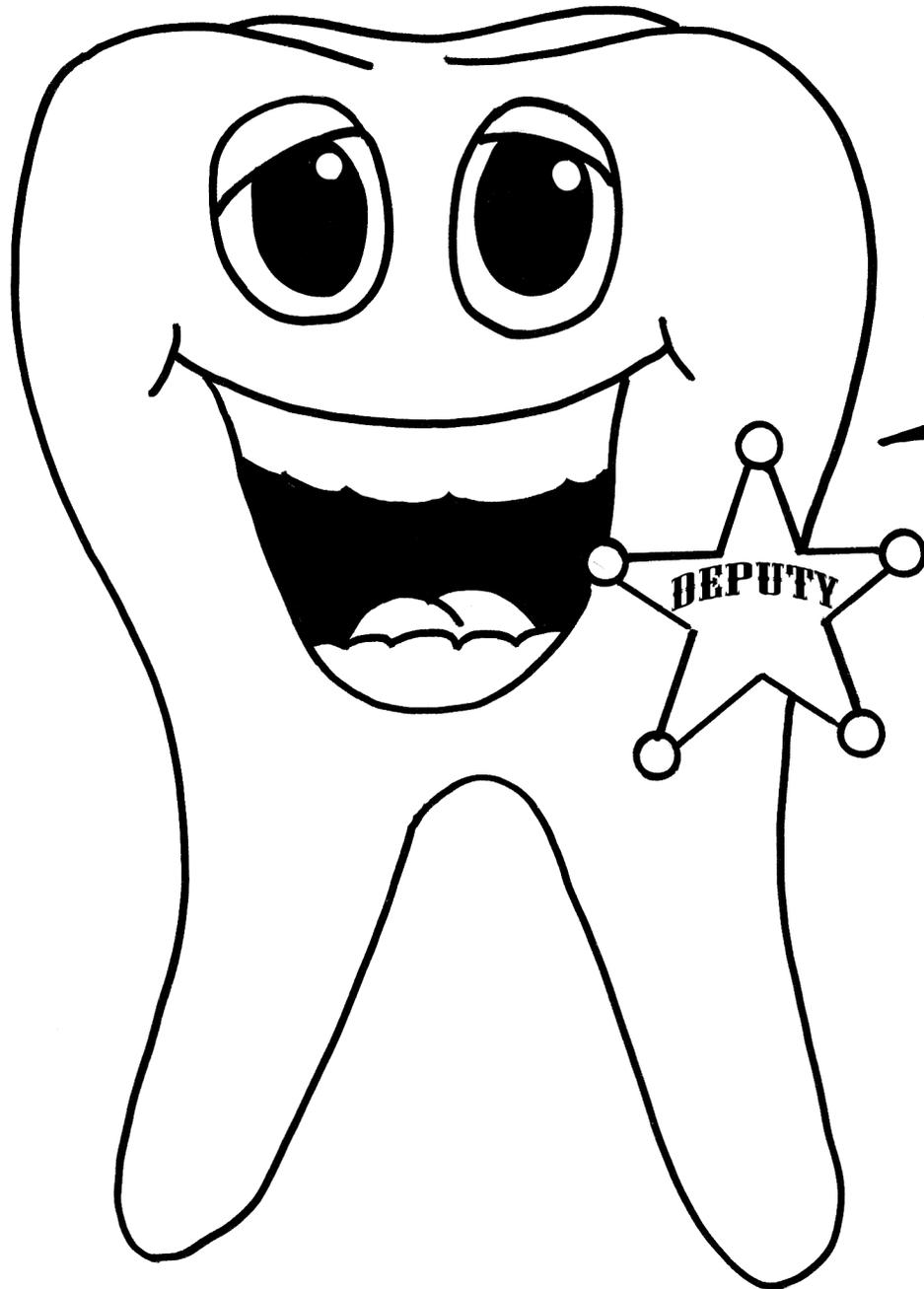




Brushing your teeth
before bedtime
is a good idea.

Keep your teeth healthy
and visit the dentist and
hygienist. Watch those
in-between meal snacks.





Remember kids,
stay on the
Healthy Teeth Trail.

1. Be sure your teeth are protected by fluoride.
2. Cut down on foods and drinks that have lots of sugar.
3. Go to your dentist and hygienist.
4. Brush and floss your teeth.

Illinois Department of Public Health
Division of Oral Health
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